

Tree workout

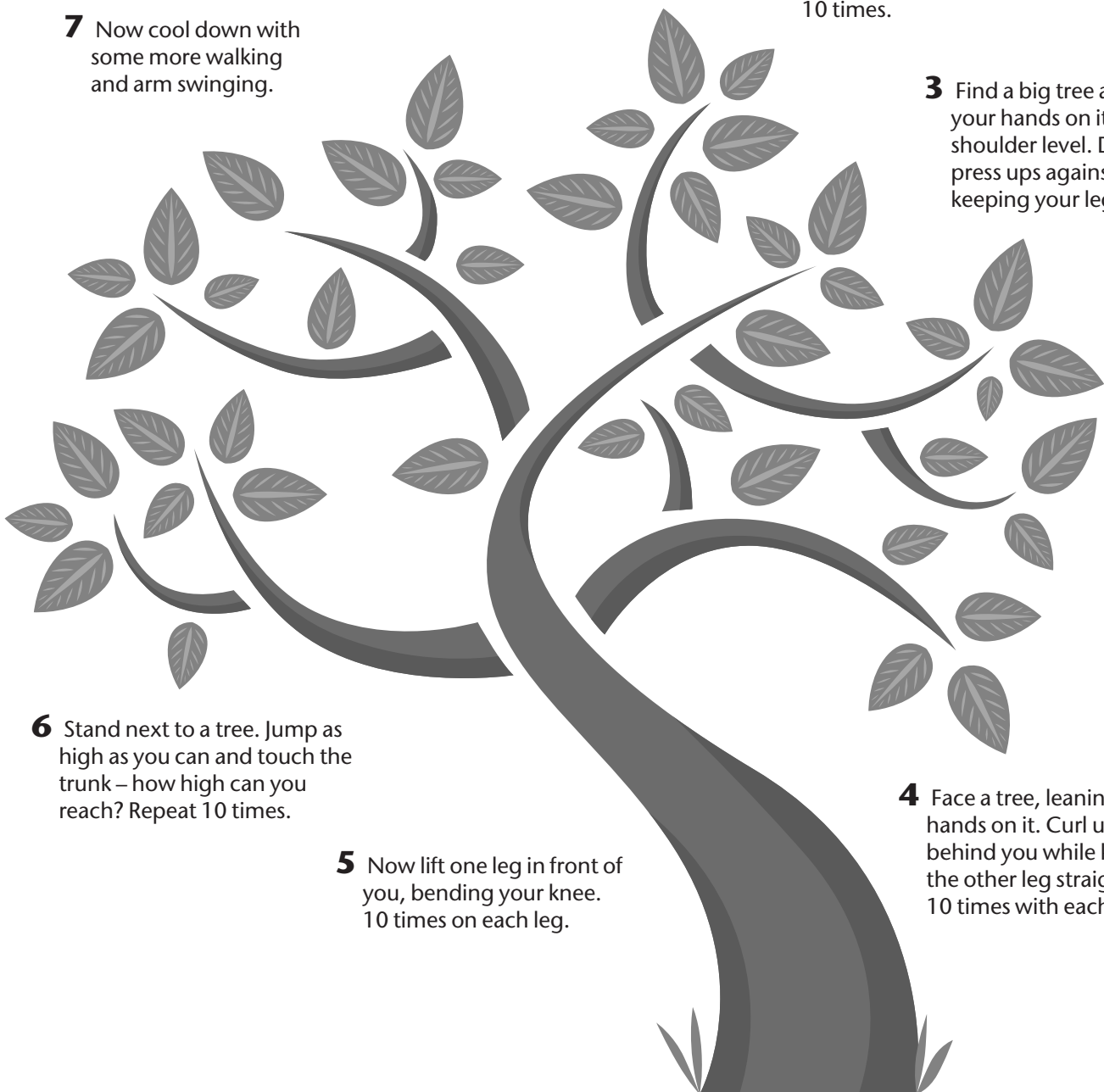
We all know trees are good for the health of the planet – with this tree workout they can be good for your health too.

1 Warm up with some arm swinging and brisk walking to your trees.

2 Find 2 trees – run between them, touching each one, 10 times.

7 Now cool down with some more walking and arm swinging.

3 Find a big tree and put your hands on it at about shoulder level. Do 10 press ups against the trunk, keeping your legs straight.



6 Stand next to a tree. Jump as high as you can and touch the trunk – how high can you reach? Repeat 10 times.

5 Now lift one leg in front of you, bending your knee. 10 times on each leg.

4 Face a tree, leaning your hands on it. Curl up one foot behind you while keeping the other leg straight. Repeat 10 times with each leg.

out&about

School grounds focus:

- Where are we now?
- Where do we want to be?
- How can we get there?
- Making the changes
- Using your grounds

Curriculum focus:

- Physical education and development.
- Health and well-being.

Purpose of this activity:

- To promote healthy and active lifestyles, providing opportunities for quality, safe and fun physical activity.
- To promote a positive attitude towards participation in physical activity.

Equipment / materials needed:

- Trees! Ideally enough sturdy trees for one to every small group of 4-6 pupils so that each child is moving a lot of the time.
- Laminated instruction cards might be useful for each task.
- You might want to invent further exercises using games equipment.

Preparation:

- A risk assessment for this activity could include: consideration of trips and falls (mitigate risk by inspecting before the session for unsafe trees / branches and uneven ground); contact with hazardous plants (check routes and inform participants of any danger); muscle strain / respiratory problems (ensure that pupils warm-up properly).

What to do:

- Decide how you want to organise the trail. You could have different trees for different exercises, with children rotating round; or allocate trees to small groups of pupils.
- Decide whether you want to introduce an element of competition, e.g. speed for the running task, height for the jumping task.
- If you're short of trees, other features can be used, e.g. walls, benches.
- The first time round, you might want all children doing the same exercise at the same time, so you can demonstrate the task.

Extension:

- You can make the exercises more challenging according to the abilities of your children.
- If the tree 'stations' are spread around the grounds, you could require children to run between them.
- You could add additional exercises in between trees, particularly if you don't have many trees.

Follow-up:

- If the children enjoy this activity, think about setting up a more permanent tree trim trail.
- Photograph children doing each activity to create instruction cards for each exercise. Laminate these and hang them from trees around the grounds.
- Children might be able to invent their own exercises for the trail.

This activity was adapted from the Woodland Workout, Forest Education Initiative project supported by Forestry Commission Scotland.

www.foresteducation.org

© This resource was originally created as part of the Schoolgrounds-UK membership scheme from the national school grounds charity

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